

What is claimed is:

1. A method of applying a compressive force to a selected location on a work piece, comprising the steps of:
  - (a) providing a device including a body member and a force applying member movably connected with the body member;
  - (b) attaching the body member to a surface using a double-sided stretch releasable adhesive, whereby one end of the force applying member is adjacent the selected location; and
  - (c) moving the force applying member toward the surface to generate a compressive force.
2. A method as defined in claim 1, further comprising the step of stretching the double-sided stretch releasable adhesive to remove the adhesive from the body member and the surface.
3. A method as defined in claim 1, wherein the surface is formed of a material selected from the group consisting of cellulosic materials and masonry.
4. A method as defined in claim 1, wherein the work piece is a surface.
5. A method as defined in claim 1, wherein the work piece is an object.
6. A method as defined in claim 1, wherein the force applying member is threadably connected with the body member.
7. A method as defined in claim 1, wherein the force applying member is pivotally connected with the body member.

8. A method as defined in claim 1, wherein the force applying member is slidably connected with the body member, and further wherein the device includes a force generating member arranged to bias the force applying member in the direction of the work piece.
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9. A method as defined in claim 8, wherein the force generating member is a spring.
10. A method as defined in claim 1, wherein the device includes a pair of force applying members arranged at an angle.
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11. A method of applying a tensile force to a selected location on a work piece, comprising the steps of:
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- (a) providing a device including a body member and a force applying member movably connected with the body member;
  - (b) arranging the body member on a surface, whereby one end of the force applying member is adjacent the selected location;
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  - (c) attaching the force applying member to the surface using a double-sided stretch releasable adhesive; and
  - (d) moving the force applying member away from the surface to
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  - generate a tensile force.
12. A method as defined in claim 11, wherein the surface is formed of a material selected from the group consisting of cellulosic materials and masonry.
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13. A method as defined in claim 11, wherein the work piece is a surface.
14. A method as defined in claim 11, wherein the work piece is an object.

15. A method as defined in claim 11, wherein the force applying member is threadably connected with the body member.
- 5 16. A method as defined in claim 11, wherein the force applying member is pivotally connected with the body member.
17. A method as defined in claim 11, wherein the force applying member is slidably connected with the body member, and further wherein the device further
- 10 includes a force generating member arranged to bias the force applying member in the direction of the work piece.
18. A method as defined in claim 17, wherein the force generating member is a spring.
- 15 19. A method of removing a dent from a surface, comprising the steps of
- (a) providing a device including a body member and a force applying member movably connected with the body member;
- 20 (b) arranging the device on the surface such that one end of the force applying member is adjacent the dent;
- (c) attaching the force applying member to the dented surface using a double-sided stretch releasable adhesive; and
- 25 (d) moving the force applying member away from the surface to generate a pulling force on the dented surface, wherein the pulling force is sufficient to remove the dent.
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